

POPULAR VEGETARIAN COOKERY,

COMPRISING UPWARDS OF ONE HUNDRED AND
TWENTY SPECIALLY SELECTED RECIPES,

COMPILED BY

CHARLES W. FORWARD,

Author of "Practical Vegetarian Recipes," "A History of the Vegetarian Movement," "The Vegetarian Birthday Book," &c., &c.

"If we compare different kinds of animals, or different races of men, or the same animals or men when differently fed, we find distinct proof that the degree of energy essentially depends on the nutritiveness of the food."

HERBERT SPENCER, *Physical Education*.

"We usually suppose that a diet of meat is the best cure for failing strength, and for weakly persons we are accustomed to recommend beef-tea whenever they feel faint. But Ranke observed that an exclusively meat diet, instead of producing strength, caused weakness and muscular fatigue, the excess of waste nitrogenous products proceeding from the decomposition of this food in the organism seeming to act as a muscular poison."

DR. T. LAUDER BRUNTON.

"The nature and use of aliments maketh men either chaste or incontinent; either courageous or cowardly; either meek or quarrelsome; let those who deny these truths come to me; let them follow my counsel in eating and drinking, and I promise them they will find great helps thereupon towards moral philosophy."

GALEN, *quoted in Trusler's Edition of Hogarth's Works.*

London:

THE IDEAL PUBLISHING UNION, LTD.,
33, PATERNOSTER ROW, E.C.

THE VEGETARIAN CAFE Co. (LONDON), LIMITED,
11, HIGH HOLBORN, E.C.

LIMEHOUSE
PUBLIC

METROPOLITAN JOINT RESERVE
(St. Pancras Public Libraries)

Book Number.....

B 7654

641.564

641.564.

T361690

WITHDRAWN
FROM CAMDEN PUBLIC LIBRARIES



PREFACE.

SOME years ago, at the request of Messrs. J. S. Virtue and Co., Limited, I compiled "Practical Vegetarian Recipes"—one of the first Vegetarian cookery books issued by a publisher outside the Vegetarian movement. Its success was phenomenal. Messrs. W. H. Smith and Son purchased outright some six-hundred copies, and the entire first edition was, I believe, sold out on the day of publication.

Under the belief that there is a demand for a work at a somewhat lower price I have been induced to issue "Popular Vegetarian Cookery," and have taken considerable pains to make it of value to those who are not experienced in the subject.

The disgusting revelations in regard to unsound and diseased meat, and the dangers of ptomaine poisoning from flesh food, will, I venture to think, render the recipes of value to the more intelligent of the British public; whilst the fact that none of the dishes described necessitate the torture or death of any sentient creature will, I hope, commend them to humane men and women.

C. W. F.



INTRODUCTION.

HOW TO BEGIN A VEGETARIAN DIET.

THERE are several errors which the beginner in food reform is not unlikely to fall into, and the most general one is, perhaps, the failure to arrange his dietary in accordance with the requirements of his system. It should be borne in mind that four kinds of foods are necessary to man, and in order to simplify matters it will be best to put them rather crudely. Thus, there is the NITROGENOUS FOOD required to build up the substance of the body and to repair waste; this is represented well by beans, peas, lentils, pea-nuts, and the whole pulse family together with cheese and eggs. Then there are the CARBO-HYDRATES, or starchy foods, required in order to maintain force and heat in the system. These are represented by grains, and by roots and tubers as the potato; also by sugar. Next follow the HYDRO-CARBONS or oleaginous foods, which, like the starches, maintain heat and force, though to a far greater degree, and also probably give nourishment to the nervous structures and the brain. This class of food is represented chiefly by the oily fruits, such as olives, nuts of all kinds, and by oatmeal, maize, and many of the grains grown in the more northern latitudes. And, lastly, there is the MINERAL FOOD, which serves to build up the bones, teeth, and other structures, and is represented by potash, magnesia, phosphorus, and other elements found in all vegetables and fruits, but chiefly in the husk of grain and in the skins of fruits, etc. The flesh of animals is very deficient in these mineral elements, and as will be judged from what has been said as to their place in fruits, vegetables, and grains, they are wasted in the preparation of fruit or potatoes, etc., by peeling; and in the

manufacture of wheat into fine flour for the purpose of making white bread.

In selecting his foods the vegetarian novice should arrange his dietary so as to include each of these classes. Thus, he should not choose for dinner pea soup, haricot stew, and toasted cheese, or the nitrogenous element will become a burden to him. *Au contraire*, if he take barley soup, macaroni, and tapioca pudding, he will possibly find the nitrogenous portion insufficient. One dish should be largely nitrogenous, if any physical work has to be done. If *much* physical work is required, a soup and savoury, both nitrogenous (*e.g.*, pea soup and lentil stew), might be chosen. A desirable choice would be a slightly nitrogenous or non-nitrogenous soup, such as hotch-potch or barley soup; a semi-nitrogenous savoury, such as haricot pie, with a little oil added; and a simple carbonaceous pudding (macaroni, rice, or tapioca) with stewed fruit. In winter oatmeal porridge, with butter and sugar, might replace the soup.

In regard to quantity it may be laid down as an axiom that there is a definite ration of food required by every man, woman, and child; a dietary that both with regard to quality and quantity is best suited to the requirements of their systems, and it is likely enough that not one person in a thousand has discovered what his particular ration should be, nor has the faintest idea how to arrive at such a conclusion. Some eat too much food all round, and others eat too little. Yet, again, others eat too much of some particular elements of food and not sufficient of other elements, with consequent injury to health. In point of fact, almost every one who has given the subject of diet a thought, has felt the need for some data to work upon.

The question now arises, "Are such data accessible to the ordinary man or woman, or does one need to study anatomy, physiology, chemistry, and perhaps half-a-dozen other branches of science, in order to grasp the subject?" and it may be at once replied, that a little intelligent study of a few comparatively simple facts and figures, together with their application to one's own habits of life, is all that is necessary to the formation of tolerably clear ideas upon this subject.

As a matter of fact, it is really a question of book-keeping. The human system must be credited by the amount of the daily waste, or outgoings, and debited by the amount of the daily supply, or intakings, and the balance struck as nearly as possible.

It has been calculated* that the daily loss of nitrogenous material, in the case of an adult man in good health, weighing 154 lbs., is as follows:—

	lbs. ozs. grs.	lbs. ozs. grs.
Nitrogen in urea and other waste given out by the kidneys ..	0 0 245	
Nitrogen in waste given out by the intestine	0 0 46	
Total nitrogen in waste		0 0 325

It seems obvious that, as the nitrogenous elements of food go to form the muscular structure of the body itself, a dietary which does not supply at least 325 grains of nitrogen in such a case will prove 'insufficient, although in other respects it may contain all that is required.

The following table shows the amount of carbon which is wasted daily by an active adult weighing 154 lbs.:—

	lbs. ozs. grs.	lbs. ozs. grs.
Carbon in the carbonic acid gas given out by the lungs	0 8 320	
Carbon in the carbonic acid gas given out by the skin	0 0 40	
Carbon in the organic matter given out by the kidneys ..	0 0 170	
Carbon in the organic matter given out by the intestine ..	0 0 308	
Total carbon in one day's waste..		0 9 400

There are other elements given off, such as hydrogen, oxygen, salts, phosphates, etc., besides water excreted as such.

Here, then, we arrive at something like a definite basis for calculation, viz., that an adult male of 154 lbs. weight requires daily:—

	ozs. grs.
Nitrogen	0 325
Carbon	9. 400

If the weight of the body should be less, a smaller proportion of the above elements is required, though this

* Prof. Church.

does not apply to growing children, who need, and can usually dispose of, proportionately larger amounts.

Persons who are doing extra hard work, or performing feats which impose any abnormal strain upon the physical powers, require more food.

We have, therefore, arrived at the conclusion of the first part of our investigation, and, having discovered approximately how much carbon and nitrogen is needed under particular circumstances, we must now turn the question as to the particular kinds of fuel or food that will best supply it. This is not the place to discuss the hackneyed question as to whether the elements needed can be supplied without resorting to the flesh of animals. No physiologist of repute would deny the oft-proved fact that flesh-food does not contain a single element that cannot equally well, or better, be supplied from other sources; indeed, it would be impossible to deny this fact, for the merest glance at a table of food analyses settles the question at once.

In Dr. Letheby's Cantor Lectures on Food, a list of foods is given with the amounts of carbon and nitrogen respectively contained in a pound of each. Amongst flesh-foods the *highest* is mutton, containing in every lb. 1,900 grains of carbon and 189 grains of nitrogen. Let us take some other foods and see how they compare with the flesh of animals:—

			Cost per lb.		Carbon.		Nitrogen.
1	Cheese, Cheddar..	..	..	8d.	..	3,344	.. 306
2	Cheese, skim	..	..	3d.	..	934	.. 204
3	Peas, split..	..	..	1d.	..	2,698	.. 248
4	Mutton ..	..	..	8d.	..	1,900	.. 189
5	Oatmeal ..	..	..	2d.	..	2,831	.. 136
6	Maize meal	..	..	1d.	..	3,016	.. 120
7	Wheat flour, seconds	..	..	1½d.	..	2,700	.. 116
8	Pearl barley	..	..	2d.	..	2,660	.. 91
9	Bread, baker's	..	..	1½d.	..	1,975	.. 88
10	Rice ..	..	..	2d.	..	2,732	.. 68
11	Barley meal	..	..	1d.	..	2,563	.. 68

Having ascertained the requirements of the human system, and the constituents of various typical foods, it should not be difficult to construct a dietary to meet the exigencies of each particular case, and it will be found quite possible to secure almost infinite variety within the range of the principles laid down.

Of the foods specified in the table above, oatmeal will be found to contain the necessary elements in the proportions best suited to the requirements of the body, and, as a matter of fact, oatmeal alone would support a human being *fairly well* for an indefinite period. If we refer back to the daily waste, we find these results :—

Carbon, 4,333 grains; nitrogen, 325 grains.
Two pounds of oatmeal
would supply—Carbon, 5,662 grains; nitrogen, 272 grains.

These figures show that oatmeal alone would furnish an excess of carbon.

On the other hand, to get the requisite amount of carbon from mutton, one would need to eat about $2\frac{1}{2}$ lbs. daily, which would supply 4,275 grains of carbon; but instead of the 325 grains of nitrogen needed, $2\frac{1}{2}$ lbs. of mutton would supply 423 grains of nitrogen, an amount largely in excess of what is required.

Still, keeping to rough figures only, we may try the experiment of mixing peas and oatmeal, and we shall find the following result :—

				Carbon.		Nitrogen.
1 lb. of peas	..	..	..	2,628	..	248
9 oz. of oatmeal	..	..	..	1,542	..	77
				4,170	..	325

which corresponds very nearly to the amount of the daily waste.

Innumerable other combinations might be made, and will no doubt suggest themselves to those who give the subject reasonable study.

In the present work an endeavour has been made to assist those to whom the subject is new by treating a few staple vegetable foods in separate sections. These foods should form the *mainstay* of a dietary in proportion to the amount of work to be done, and they correspond in this respect to the “beef,” “mutton” and “pork,” of an ordinary diet. There is a concensus of medical opinion as to the high value of such foods as oatmeal, maize, peas, beans, lentils, etc., from a dietetic standpoint, whilst they are stated on indisputable authority to be, weight for weight, far more nourishing than flesh foods.

Many of the recipes in this work appear for the first time in a Vegetarian Cookery book, and it will be noticed that the bulk of the dishes are of a savoury character. Recipes for sweets, pies, puddings, ices, stewed fruits, etc., will be found in almost any work on cookery; the design of this book is rather to introduce to the public notice a careful selection of wholesome, appetising, and nourishing dishes wherewith to replace the flesh of animals as human food.

When travelling, it will often be found possible to obtain simple dishes at ordinary hotels if one gives instructions to the waiter beforehand. Most large hotels now provide whole-meal bread, porridge, and entrées from which flesh is excluded, in the ordinary table d'hôte breakfast; and, these items, toasted cheese together with such dishes as grilled tomatoes on toast, stewed mushrooms, spinach and eggs, fried potatoes, omelets, etc., can generally be obtained by ordering them the previous night. For dinner it is wisest to see the menu and choose from it such dishes as are desirable, supplementing them if necessary by one which is specially ordered (such as macaroni and tomato pudding, or curried lentils with rice and chutney, etc.). A copy of this cookery book should be forwarded by post to any hotel at which one may be likely to stay.

In large cities like London a great variety of tasty and artistically prepared articles of food can always be obtained at the better class Italian and French Cafés. For railway journeys it is always wise to take a small luncheon basket containing sandwiches and fruit. "Albene" will be found a useful substitute for butter or animal fat.



CONTENTS :

PART I. STAPLE FOODS.

	PAGE.
1. WHEAT	13
2. OATMEAL	23
3. MAIZE	28
4. RICE	32
5. HARICOT BEANS	38
6. LENTILS	44
7. PEAS	51

PART II. MISCELLANEOUS.

PIES, SOUPS, SAUCES, &c.	56
---------------------------------	----



POPULAR VEGETARIAN COOKERY.

PART I.—STAPLE FOODS.

I. WHEAT.

The composition of the wheat grain varies considerably in different kinds, for whilst the soft, white, and tender varieties sometimes contain no more than eight or nine per cent. albuminoids, the harder sorts, as used in the manufacture of the Italian pastes, have been found to contain as much as 18 to 20 per cent. The following analysis is given by Prof. Church as that of an average sample of white English wheat :—

COMPOSITION OF WHEAT.

	In 100 parts.				In one pound.	
					oz.	grs.
Water	45·5	..	..	..	2	140
Albuminoids, etc.	11·0	..	..	..	1	332
Starch (with traces of dextrin and sugar)	69·0	..	..	..	11	17
Fat	1·2	..	..	..	0	84
Cellulose	2·6	..	..	..	0	182
Mineral matter or ash	1·7	..	..	..	0	119

Speaking of wheat, Dr. Burney Yeo says : " It is rich in solids, and contains but little water ; it therefore presents much nutriment in small bulk. The whole of the grain is digestible after its two outer coats have been removed. It yields a finer flour than any other grain, and makes a *white* bread. The proportion of nitrogenous substances contained in it is large ; as much as 14 to 15 per cent. in the hard wheats of Italy and Sicily. These consist of

soluble albumen and gluten. . . . It is rich in phosphates, especially in potassium and magnesium phosphate."

The removal of the germ has been customary in the process of milling, because its presence tends to discolour the flour, and the high percentage of oil it contains frequently imparts a rancidity of taste and odour to the flour. On the other hand the germ is remarkably rich in oil, nitrogenous matter, and phosphoric acid, as the following analysis will show :—

ANALYSIS OF A PURE SAMPLE OF FLATTENED GERMS. (CHURCH).

	In 100 Parts.
Water	12'5
Albuminoids, diastase, &c.	35'7
Starch with some dextrin and maltose	31'2
Fat or oil	13'2
Cellulose	1'8
Mineral matter (60 per cent. phosphoric acid)	5'7

Recently, attempts have been made to incorporate the germ in bread made from wheaten flour, and thus to retain the most valuable elements. This is, in fact, the main principle in the manufacture of "Hovis" bread, and undoubtedly renders that product of greater value dietetically than bread made from flour alone.

Wheat is used in a great variety of forms, from the simple frumenty to the Italian pastes such as macaroni, spaghetti, vermicelli, etc.; but the best known preparation of this grain is undoubtedly to be found in wheaten bread. There are many treatises on bread-making, and this subject is too long to be dealt with in the present article. Perhaps it will be most appropriate to begin our recipes for wheat cookery with the old English dish "Frumenty."

I. FRUMENTY.

To a pint of picked creed grain add two pints of water or milk. Place the pan containing the mixture on the fire and stir constantly with a wooden spoon, breaking up the lumps to prevent burning. When the boiling point is nearly reached, a little flour, previously mixed smooth with a little cold milk or water, may be stirred in and, as soon as it boils, it is ready for serving. It may be eaten with stewed raisins, or other fruit.

2. FRUMENTY (*another recipe*).

Prepare as above and thicken with the yolks of eggs beaten up in a little milk, adding cinnamon or grated nutmeg as a flavouring.

3. FRUMENTY (*another recipe*).

Prepare some good white wheat by wetting it slightly, and, having put it into a coarse bag, beating it with a stick until the external husk is sufficiently loose to be rubbed off; then wash it well, changing the water several times, till it is quite free from loose bran; then put it into a stew-pot, with plenty of water, cover, and set it in the oven until the wheat is soft. When cold, it should be of jelly-like consistency. When required for use, put the wheat into a pan and place it on the fire, with enough milk to make it fairly thin. Stir constantly with a wooden spoon, and add a small portion of flour, mixed to a smooth paste with a little milk. Sugar, grated nutmeg, and a little salt should then be stirred in, and when the boiling point is reached the dish is ready for serving.

4. MACARONI CHEESE.

Macaroni, broken small, dropped into boiling water; boil about twenty minutes. Drain, and place into a deep dish. Add a beaten egg, and 2 ozs. cheese, cut fine; cover with milk, and bake till nicely brown. When cold, turn out on to a flat dish, garnished with tomatoes and parsley.

5. MACARONI CHEESE (*another recipe*).

Melt an ounce of butter in a small saucepan; stir in 1 oz. of meal, and when smooth add half-a-pint of cold milk. Stir the sauce till it boils, season with pepper and half the allowance of grated Parmesan. Last of all, add the macaroni, which has been boiled till soft, and drained dry. Pour all upon a dish, sprinkle on the rest of the cheese, and brown in a quick oven.

6. MACARONI AU GRATIN.

Take half-a-pound of macaroni, and cook as directed. Drain away the water, put a pint of milk in its place, and

simmer till the paste is soft, but in shape—it ought not to be boiled to a pulp. Grate 2 oz. of Parmesan cheese, which may either be bought ready grated in a bottle, or purchased in a lump. Parmesan is a very dry cheese, and grates easily. If the grated cheese is the least stale, the *macaroni au gratin* will be spoiled. Put a layer of macaroni and milk, slightly thickened with meal, and about 1 oz. of butter, on a flat dish; sprinkle a little grated cheese upon it, then repeat until the materials are used. Put little pieces of butter here and there on the top, and brown the cheese which is on the surface, either in front of a fierce fire or in a very hot oven, or better than either, with a salamander. A salamander is simply a piece of plain iron, to which a handle is attached, and it is used for browning the surface of various preparations, by holding it over them for a minute when it is red hot, till the desired colour is attained. An old iron shovel will answer the purpose equally as well.

7. MACARONI CHEESE AND BREAD.

Half-pound macaroni, 2 ozs. cheese, 3 ozs. bread crumbs, one-third of a pint of milk. Boil the macaroni as directed, Drain, and put half into a pie-dish; next, sprinkle over it half the bread crumbs, then half the grated cheese. Use the remaining ingredients in the same way. Pour over the whole of the milk, and brown in a quick oven about twenty minutes.

8. MACARONI AND CHEESE.

Boil what quantity of macaroni you require as directed. Put a layer into a deep dish, then a sprinkle of cracker crumbs, and some pieces of broken or shaved (not grated) cheese. Fill the dish, leaving space for a last or top layer of the cracker crumbs. Pour over all enough milk to moisten, and bake slowly for three-quarters of an hour.

9. MACARONI A LA MILANESE.

Boil quarter of a pound of macaroni as directed; then turn it into a colander to drain out all the water, and put layers of it into a well-buttered baking-tin, with a sprinkling of grated cheese between each two layers; on the top layer

scatter pieces of butter all over the cheese, and sift bread or biscuit crumbs over it. Turn half-a-cupful of milk—or, still better, of cream—over the layers, and set the tin into the upper part of the oven, where it can brown equally at top and bottom. In fifteen minutes, or less, it will be nicely browned. Run a knife around the tin, and turn out the macaroni upon a dish, and serve.

10. MACARONI CROQUETTES.

A $\frac{1}{4}$ lb. of macaroni, half-a-pint of milk, 1 oz. of butter, $\frac{1}{2}$ oz. of flour, 2 ozs. of cheese, 2 eggs, half-a-teacupful of bread crumbs, 3 button mushrooms, chopped fine. Wash the macaroni, put it in a saucepan with the milk, and boil it slowly until tender, but not broken. Drain it on a sieve, and cut it in quarter-inch lengths. Melt the butter in a saucepan, dredge in the meal, then add the milk by degrees, stirring all the time to prevent lumps. Boil up for a minute, draw the pan to the side of the fire, then add the macaroni. Next stir in the cheese, previously grated, then drop in the yolks of the eggs and mushrooms; stir all up together, and turn the mixture on to a dish until quite cold. Next flour your hands well; divide the mixture into small balls, or any other shape you wish. Beat up the whites of the eggs on a plate, roll the balls in this, then bread crumbs placed on kitchen paper. Put them aside for two hours; repeat the operation of rolling in egg and crumbs. Drop them, one at a time, into boiling oil, and cook about seven minutes, or until nicely browned. Drain on kitchen paper, and serve up very hot on a folded napkin.

11. SPAGHETTI CROQUETTES.

Take 1 oz. of spaghetti, 4 ozs. of bread crumbs, 3 eggs, 1 oz. of butter, quarter-of-a-pint of cream or new milk, $\frac{1}{4}$ oz. of chopped parsley, 1 teaspoonful of sweet leeks, and 1 teaspoonful of lemon thyme, marjoram, winter savoury, and sweet basil, mixed. Boil the macaroni till tender, and cut it in small pieces. Boil the cream, pour it upon the bread crumbs, and cover with a plate. When cold, add the herbs, the butter (melted), the eggs (well beaten), and the macaroni. Mix well together; season with mace and

spice powder. Pour it into a buttered mould, and steam it, with a piece of paper over the top, about three-quarters of an hour, and serve with white or mushroom sauce.

12. MACARONI WITH TOMATO SAUCE.

Break the macaroni into small pieces, put into boiling water, and let it boil till tender. Have ready a sauce made of half-a-pint of milk, $\frac{1}{2}$ oz. of butter, 1 large or 2 small onions, cut into small shreds, and some tomatoes or tomato sauce. Mix all these together, and cook till the onion is quite dissolved. Then, having drained the macaroni thoroughly, add it to the sauce in a stew-pan, and warm the whole till thoroughly mixed. By way of variety, some grated cheese may be added to the sauce.

13. SEMOLINA QUENELLES.

Stir six ounces of fine semolina, together with the yolks of five eggs, six ounces of fresh butter, and a little nutmeg. Take a dessert spoonful of this paste at a time, and plunge into boiling water for a few minutes, when the quenelles will be ready for serving with castor sugar.

14. SEMOLINA PUDDING.

Peel off a few small and thin pieces of the rind of a lemon, and put them into a pint-and-a-half of cold milk, which should be slowly brought to the boiling point in a very clean saucepan and allowed to stand for twenty minutes, in order to extract the full flavour of the lemon. Remove the lemon peel, and mix with the milk a teacupful of semolina, stirring for about ten minutes until it boils. Thoroughly beat up two eggs, and pour the semolina and milk over them very gradually, still stirring. Add one ounce of fresh butter, and having buttered a pie-dish, put a border of puff-paste round the rim, pour in the pudding, and bake in a moderate oven for three-quarters of an hour. Serve with stewed fruit.

15. MACARONI CUTLETS.

Boil $\frac{1}{4}$ lb. macaroni (Spaghetti preferred) in water, not making it too tender; chop slightly, add six ounces of

bread crumbs, some chopped fried onions, a teaspoonful of lemon thyme, a couple of tomatoes, fried in saucepan after onions, and one egg to bind. Mix, roll in flour, shape into cutlets, fry in nucoline until crisp and brown.

16. BREAD CROQUETTES.

Cut some wholemeal bread in slices about half an inch thick, dip in milk, dredge with flour, then dip in batter and fry them crisp. Cut some onions in chips, fry a nice brown, season, and place in same. Serve very hot. These cutlets of bread make a nice dinner if served with apple sauce instead, accompanied with vegetable marrow and green peas.

17. MACARONI CHEESE SOUP.

Take $\frac{1}{2}$ lb. of the small pipe macaroni, 3 pints of vegetable stock, 1 pint of milk, and 2 oz. of grated Parmesan cheese. Break the macaroni in very small pieces, wash it thoroughly, add it to the vegetable stock when it is nearly boiling, and cook with the lid off the saucepan until the macaroni is swollen and soft; add the milk, let the mixture boil, and pour into a very hot soup tureen with the cheese. Mix thoroughly, and serve with fried bread separately.

18. MACARONI SOUP.

Take $\frac{1}{4}$ lb. macaroni, 1 quart of milk, 1 quart of water, $\frac{1}{2}$ lb. of onions, 3 oz. of stale bread crumbs, $\frac{1}{2}$ oz. of butter or oil. Soak the macaroni for 2 hours in cold water, and put into the milk and water when boiling; then add the bread, onions sliced, and boil $1\frac{1}{4}$ hours, stirring occasionally; add the oil when ready to serve. Can be taken alone or with brown bread, either toasted or not, according to time and taste.

19. RECIPE FOR UNRAISED AND UNFERMENTED GRIDDLE BREAD.*

This bread is usually made from wheat, whole ground, and not too fine. It is cooked on an iron plate, called a

* From "366 Menus," by Mrs. C. L. H. Wallace.

griddle, hence its name "griddle bread."* This plate must be placed on the top of a close range, or on the trivet of an open range. A good clear fire should be beneath. Before placing the bread on the plate, it should be made thoroughly hot; but if it quickly burns a little fine white flour (which should be sprinkled on it as a test), it is just that much too hot, and should be moved aside till the proper heat is arrived at.

Measure the meal, and for every two level measures of meal allow one measure of boiling water. Have the meal in a mixing bowl, with a pot-stick or wooden spoon handy. Make a hole in the centre of the meal and pour the *boiling* water into it, stirring all the time till it forms a mass or lump. No kneading is required. Sprinkle the paste-board with fine white flour and turn the mass on to it. This has then to be rolled out into one or more cakes, according to the relative size of the griddle plate to the quantity of dough prepared. Make the cake as near as possible half an inch thick, but rather more than less. It should also be round, and nearly as large as the griddle plate. The edge should not be ragged, but dredged with fine flour and pressed with the knuckles to an even and uniform smooth thickness. Next with a large bread knife cut the cake across and across into four or eight triangular pieces, according to its size. Dredge fine flour on each piece, which rub well in with the fingers, then turn it on the other side with the knife and do the same, so that the surface has a fine smooth appearance. As each piece is prepared, place it, while hot, on the griddle plate. This bread eats better if it is cooked immediately that it is made, which causes it to be wiser to have a large griddle plate, though many prepare several cakes at once, letting each wait till the other is done. Two to three minutes is sufficient time to prepare the bread from the moment the water boils. The time for the cooking

*Irish, "griddle"; Scotch, "girdle"; Welsh, "griedell"; Gaelic, "greidil," or "gridiron," from which we get our English term "gridiron," but a "griddle plate" is a flat cast-iron plate, substituted in the provincial parts of England by the "back-stone," upon which oat-cakes, picketlets, etc., are baked, and can be procured from some of the stores, some ironmongers, or can always be made by a blacksmith. It should be round, about the $\frac{1}{8}$ of an inch thick and have a ball handle for convenience in lifting and turning.

necessarily varies according to the heat of the fire, which should be even and not allowed to go down; but from twenty to thirty minutes will be found the average. Amateurs should give it close attention during the whole time, examining and turning each piece as required, or turning the plate round, as the heat is often greater beneath one part than another, for which purpose a handle is always attached to the plate. When done, the bread will be of a light brown, and if tapped with the edge of a knife, will have a *biscuity* crispness. Great care must be taken not to let it burn. As each piece is cooked, it should be reared up on a shelf till cold, and then piled together and placed in a dry closely-covered bread-pan.

It can be eaten the same day as cooked, but is decidedly preferable on the one following.

It can be split, toasted, and buttered, or merely spread with butter, cream cheese, jam, etc., the same as baker's bread.

Many consider it most delicious if fried in Lucca oil. To do this, the bread must first be split and then dropped into absolutely boiling oil, in which it must remain for two minutes, when it requires turning with a couple of forks and frying another two minutes, after which remove it with the forks. No special draining is required; and if the oil was really boiling, and sufficiently deep to well cover it, and the bread properly removed, it will not be at all greasy.

With the dry flour, currants, raisins, stewed apples, caraway-seeds, ginger, or any flavourings can be mixed. Where butter is an objection, a few currants or stewed apples often enable it to be greatly relished by children and adults.

Many cooks rub into the flour a little mashed potato, and consider it a great improvement.

Some practice is required to prepare this bread to perfection; but when once it has established itself in the household, none other will ever be eaten, except by those who prefer the Wallace Ideal Bread.

The American Gems, and Finger Rolls, and Whisks have been most successfully advocated by bread reformers, and the following three recipes we extract from Mr. Hills' pamphlet.*

* "Vegetarianism, Its Principles and Practice," by A. F. Hills.

20. AMERICAN GEMS.

Into one part of cold water, stir two parts of fine whole wheatmeal. Sift in slowly with one hand while stirring briskly with the other, to introduce as much air as possible. If the batter is too thin, the gems will not retain the air, but will be flat and blistered; if too thick, they will not yield to the air, but will be tough and heavy. Pour the batter thus prepared into a hissing hot gem-pan. The heat should not be greater than will brown the gems in about fifteen minutes, and they are better to bake twenty-five or thirty minutes; a longer time toughens the crust.*

21. FINGER ROLLS.

These form perhaps the best bread that can be made. Whip up a thin dough with a fork or spoon, sifting in wheat-meal till it becomes quite stiff. Knead well and roll out thin. Leave it till nearly dry, then work into a roll, some $1\frac{1}{2}$ inches in diameter; cut into three-inch lengths, and bake in a quick oven. These rolls will keep fresh for a week.

22. HOVIS BREAD.

Ingredients: Three-and-a-half pounds Hovis flour, one ounce yeast (any kind), dissolved in two tablespoonfuls of warm water, one quart water (about as warm as the hand can bear it). Use no salt. Take about three parts of the flour and mix it thoroughly with the water, then pour in the yeast and mix again—this time using also the remainder of the flour. Let it rise twenty to forty minutes and bake rather longer than ordinary bread, say fifteen to twenty minutes. Do not attempt to knead or mould it in the ordinary way (it will not be firm enough for these operations to be possible), but put it in the tins direct from the mixing.

* Gem pans can be procured from the Offices of the London Vegetarian Association, Memorial Hall, Farringdon street, E.C. Prices 8d., 10d., 1s. 2d., 1s. 4d., 1s. 6d., and 1s. 8d.

II.—OATMEAL.

“Oatmeal,” says Dr. Cullen, “is especially the food of the people of Scotland, and was formerly that of the people of the northern parts of England—counties which have always produced as healthy and as vigorous a race of men as any in Europe.”

In Germany and Switzerland coarsely-bruised oatmeal is baked in an oven until it becomes of a brown colour, and it is then used for the purpose of thickening broths and soups.

Oatmeal has the reputation of exerting a slightly laxative action, and Dr. Christison remarks that “in several instances he found it useful in relieving habitual constipation, upon being taken for breakfast in the form of porridge. In very rare cases it has a tendency to produce acidity and pyrosis, especially when imperfectly cooked, but it agrees well with most persons, especially when its use is adopted early in life.”

The nitrogenous matter of the oat is formed chiefly of a principle allied to casein, called *avenine*, which, according to Dr. Pavy, may be thus obtained: “Let oatmeal be washed on a sieve, and the milky fluid which runs through be allowed to repose to deposit the suspended starch granules. The supernatant fluid, on being heated to 200° Fahr., throws down albumen, and, on the addition of acetic acid, a white precipitate falls, which constitutes *avenine*.”

Oatmeal has been recommended as a food particularly suitable to soldiers during war, “because it contains much nutriment in small bulk; because it can be eaten for long periods with relish, and keeps unchanged for a long time.”*

Dr. Dujardin Beaumetz who, in conjunction with Mr. Hardy, made an examination into the value of oatmeal as

* Parkes' “Hygiene,” 6th Edit., by Dr. Chaumont.

a food for growing children, attributes the fine muscular development of the Scottish Highlanders to their large consumption of oatmeal in childhood.

Dr. King Chambers, too, is eloquent in praise of this food, for in his *Manual of Diet in Health and Disease*, he remarks, "When well boiled and eaten slowly, so as to become well mixed with saliva, it is as wholesome as well as a nutritious food. An oaten diet has bred the Scotch farmer and the English horse, and where will their equals be found?"

23. OATMEAL PORRIDGE.

Dissolve half-an-ounce of salt in boiling water; rub into a smooth paste with cold water three-quarters of a pound of coarse oatmeal, and add this to the boiling water; let the whole boil thoroughly for twenty minutes, keeping it constantly stirred, and serve in soup plates with marmalade or preserve.

24. OATMEAL PORRIDGE (*another recipe*).

Put a pint-and-a-half of water or milk-and-water into a saucepan, and add a pinch of salt. When the liquid is rapidly boiling sprinkle into it with the left hand about two ounces of medium or coarse oatmeal, at the same time stirring it briskly with a fork held in the right hand. Keep stirring until it is quite free from lumps, and let it boil for twenty minutes. Serve as in previous recipe.

25. OATMEAL PORRIDGE (*another recipe*).

Boil the water and sprinkle in the oatmeal as in the previous recipe. When the lumps are all beaten out, and the porridge is thick enough, draw the pan back a little, put on the lid, and simmer gently until wanted, or for about twenty minutes.

26. MALTED PORRIDGE (*for Dyspeptics*).

Rub two ounces of fresh, coarse oatmeal or oaten flakes into a smooth paste with cold water, mix it with a pint-and-a-half of boiling water, and boil for thirty minutes, stirring it well to avoid burning. Turn it out into soup-plates, and,

when the temperature falls to 125 degrees Fahrenheit, stir into it a teaspoonful of Kepler Malt Extract, and serve with biscuits or dry toast.

27. OAT CAKES.

Mix two or three tablespoonsful of medium or fine oatmeal with a pinch of salt and a little cold water. Knead it thoroughly with the hands for a few minutes, then spread it on a pastry board as thin as possible, and sprinkle meal under and over it. Do not mix more than enough for one cake at a time, as the batter dries very quickly. Bake from three to five minutes in a hot oven, and dry before the fire for a few minutes until the requisite crispness is attained, and serve with butter or cheese.

28. LANCASHIRE OAT CAKES.

These are partially made, either with buttermilk or with meal, which has been mixed with water or milk, and left for a few days to turn sour. They are baked much in the same manner as the former recipe, but it is desirable to see them made by someone accustomed to the manufacture before attempting to make them.

29. OATMEAL BANNOCKS.

Rub half-an-ounce of fresh butter into two-and-a-half pounds of medium oatmeal, and stir briskly in as much warm water as will make it into a stiff paste. Sprinkle some oatmeal on the pastry board, and spread the mixture out into a round cake, about half-an-inch thick and four inches in diameter. Bake in a moderate oven for an hour.

30. OATMEAL PUDDING.

Soak in water for twelve hours half-a-pint of finely-ground oatmeal; pour one pint of boiling milk over it, add a little salt and two ounces of sultana raisins. Put in a buttered basin (just large enough to hold it) with a well-floured cloth tied tightly over it, boil for an hour-and-a-half, turn it out and serve with cream or sweet sauce.

31. OATMEAL HASTY PUDDING.

Mix a tablespoonful of flour, a tablespoonful of finely-ground oatmeal, and a pinch of salt, with four tablespoonsful of cold milk, until the whole is a thin paste. Stir this gradually into a pint of boiling milk, and beat the mixture with a fork until it is quite smooth and free from lumps. Let it boil quickly for four or five minutes longer, pour it on small plates and serve at once. Send cream and sugar or treacle to table in a tureen. If coarse oatmeal is used it should be soaked all night in a little cold water, then added gradually to the boiling milk and beaten as above.

32. OATCAKE TOAST WATER (*for Invalids*).

Toast oat-cake till perfectly dry and brown, but not the least burnt; break it into rather large pieces; put it in a jug and immediately pour boiling water upon it; closely cover it and let it remain until cold or nearly so.

33. OATMEAL GRUEL.

Mix a tablespoonful of finely-ground oatmeal into a very smooth paste with cold water. Pour upon it a pint of boiling water, stir it well and let it stand a few minutes to settle. Pour it back very gently into the saucepan, so as to leave undisturbed the sediment at the bottom of the gruel. Let it simmer, stirring occasionally and skimming it carefully. It may be sweetened and flavoured to taste, and eaten with dry toast or biscuits. It should be allowed to simmer for a quarter-of-an-hour.

34. OATMEAL GRUEL (*another recipe*).

Mix a tablespoonful of finely-ground oatmeal with twice the quantity of cold water, stir into a pint of boiling water, let it boil gently for 10 to 15 minutes, and strain off for use. Flavour to taste.

35. GRUEL OF EMBDEN GROATS.

Put a quarter-of-a-pint of Embden groats into three pints of cold water, and, when smooth, boil it gently for two hours or more, until the liquid is as thick as required,

stirring it from time to time. Strain and sweeten according to taste. A little cream added before serving greatly improves the flavour.

36. MILK PORRIDGE.

To a pint-and-a-half of new milk, put half-a-pint of water; set it on the fire, and when just ready to boil, stir in about a dessert-spoonful of oatmeal, and a little salt dissolved in water; cut some bread in small cubes, put it into soup-plates, and pour the boiling milk upon it.

III.—MAIZE, OR INDIAN CORN.

Opinions have differed largely as to the value of Indian corn as food, but it is recognised as a fact that domestic animals which are fed upon it speedily become fat, their flesh at the same time being remarkable for its firmness. Horses thrive exceedingly well upon it, and are able to perform the hardest work, and the Zulus and other races which depend largely upon it for sustenance are stoutly built and capable of great exertion. It is said that in Piedmont twice as much maize is eaten as ordinary wheat flour, whilst in Ireland it has to a considerable extent superseded the potato as a food.

Dr. W. Pavy states that maize is characterized and distinguished from the other cerealia by the large amount of fatty matter it contains. "Containing, as it does, about the same per centage of nitrogenous matter as soft wheat, and upwards of four times the amount of fatty matter, maize stands in a high position as regards alimentary value."

Dr. Edward Smith writes of this cereal: "Being rich in nitrogen, it is also known as a strong food, and numerous preparations of its starch have been introduced into this and other countries under the name of corn flour, for the preparation of blanc-mange and puddings, for which it is perhaps better fitted than the flour of wheat. It is thus not only a food of very high nutritive value, but is consumed in a great variety of forms, and whilst a necessary to hundreds of millions of people in a limited sense, is a luxury and a very agreeable food to selected classes of persons." And in his "Practical Dietary," the same writer observes: "The nutritive qualities of this substance are very considerable, since it offers more carbon and nitrogen than is found in an equal weight of wheaten flour, viz., 2,800 grains of carbon and 121 grains of nitrogen in each pound, besides a considerable quantity of free hydrogen, which is found in the fat—a substance in which the grain is somewhat rich."

Dr. Burney Yeo, in his well-known manual, "Food in Health and Disease," writes: "Maize is highly nutritive, and most analyses agree in attributing to it the largest proportion of fat of all the cereals, but Bauer ascribes to oats a still larger proportion of fatty constituents."

In a paper read before the Society of Arts some years ago, Dr. Gover, in directing attention to the value of maize as a food, remarked: "This is an article which affords a large amount of nutriment at a cheap rate, and the use of which should, therefore, be encouraged as a most valuable addition to our food supply. . . . Maize contains about the same proportion of flesh-formers as wheat, and three times the amount of fatty matter, so that it stands high in point of nutritive value."

The following analysis of maize will give some idea of its composition:—

COMPOSITION OF DRIED MAIZE (PAYEN).

							In 100 parts.
Nitrogenous Matter	..	..	..	..	..	..	12.50
Starch	..	..	..	..	..	..	67.55
Dextrine, &c.	..	..	..	..	..	..	4.00
Fatty Matter	..	..	..	..	..	..	8.80
Cellulose	..	..	..	..	..	..	5.90
Mineral Matter	..	..	..	..	..	..	1.25
							100.00

Maize should always be purchased as fresh as possible, as the oil it contains tends to turn rancid, after a time, imparting a bitter taste.

37. HOMINY CROQUETTES.

To one quart of boiling water add a teaspoonful of salt; stir in gradually a full half-pint of the finest hominy, boil for three-quarters of an hour and stand it at the back of the cooking range to remain hot an hour longer; then put it in a large bowl and add the beaten yolks of two eggs, mix thoroughly, and when cold shape into cones; dip the cones in beaten egg, roll in bread-crumbs, and fry.

38. JOHNNY CAKES.

Make into a firm dough one quart of Indian meal, using as much warm water as may be required, and a little salt.

This can be done by scooping out some of the meal from the centre of the heap, pouring on the water and mixing in the usual manner. Knead the dough and roll it to about an inch in thickness. Lay the cake on a well-buttered griddle over a clear brisk fire, and toast it well on both sides. When done, serve at once, split and buttered.

39. MAIZE MUSH.

This requires longer boiling and more careful mixing than oatmeal. The meal should be mixed with boiling water or milk gradually, and stirred rapidly between each handful to prevent the formation of lumps. It requires long boiling, and when boiled is sometimes served with salt, and sometimes with maple or golden syrup.

40. POLENTA.

This is made of partially-cooked "mush," turned into a well-buttered shallow baking dish, and mixed up with grated Parmesan cheese. It is then baked from fifteen to twenty minutes. The proportions are two ounces of cheese to half-a-pound of meal.

41. INDIAN MUFFINS.

Mix one quart of yellow maize meal into a thick batter with boiling water. When cool add two ounces of butter, a little salt, and two eggs. Bake at once in small cakes on a griddle, and when one side is brown, turn the cakes over.

42. GREEN CORN.

Take a tin of "green corn" or "sugar corn"—"Wyndham" or some equally good brand, the low-priced brands being very inferior—and boil the contents, with milk, in an enamelled saucepan. Serve in a tureen, and eat with butter, salt, and pepper.

43. INDIAN PUDDING.

Prepare a few apples for stewing and stone some dates; put a portion of maize meal into a baking pan, and pour

boiling water over it, stirring into a thin paste. Add the apples and dates and bake for four or five hours. Raisins, figs, or other fruits may be added to, or used instead of, the apples and dates.

44. HOMINY PUDDING.

Take one pint of hominy and boil into a simple mush or porridge. Whilst hot add half a tea cupful of butter or oil, one pint of milk, and half a tea cupful of sugar. Place these ingredients into a saucepan, and bring to the boiling point. Have ready the whites and yolks of four eggs beaten separately to a stiff froth, and stir the yolks and subsequently the whites into the saucepan until thoroughly mixed. Pour the whole into a baking dish and place in a quick oven until browned on the top. It may be served hot or cold with cream or milk.

45. INDIAN CORN OMELET.

Take three ounces of Indian corn, three ounces of maize-meal, three ounces of wheat-meal, a pint of milk and an egg. Beat the egg well, and mix with the milk until made into a batter, bake in a tin about an inch in depth in a hot oven for from fifty minutes to an hour. It may be rendered more savoury by flavouring with herbs.

IV.—RICE.

Rice forms a useful and valuable addition to the dietary. It is light and nourishing, easy of digestion, and cheap; and is not appreciated in this country to the extent it deserves.

Rice may be kept for very long periods in the rough state without deterioration, and, by some persons, rice, a year old, is preferred for table use to the produce of a more recent crop.

Dr. Graham speaks highly of rice as a wholesome and nutritious food. It is, he declares, easy of digestion when taken in conjunction with some condiment, as cinnamon, nutmeg, allspice, and the like; these additions making it more palatable and more wholesome, and obviating its tendency to confine the bowels.

Rice is used chiefly for puddings and sweet dishes in this country, but in Oriental countries and on the European continent it is utilised for savoury dishes and frequently forms an important part of the food of the people. The dishes for which recipes are given below, will be found both appetising and nutritious, whilst they should suit a variety of tastes, having been selected with great care from the dishes of different nations. An important point to remember in rice cookery is the fact that this grain possesses slight flavour in itself and requires the addition of Parmesan cheese, garlic, curry-powder, cinnamon, etc. For ornamental dishes it may be stained with various vegetable colourings, the effect being very striking.

Such dishes as plain rice with prunes or other fruits, rice-pudding, rice-mould, etc., will be found in almost any ordinary cookery-book.

46. RISOTTO (*Italian*).

To cook rice in the Italian way for, say, six to eight persons, put into a stewpan two or three spoonfuls of

butter or of albene ; as soon as it has melted, brown some minced onions, then add five tablespoonfuls of rice, which cover with plain water or the water in which some vegetables have been boiled, and as the rice swells, add some more of the liquid ; at the end of twenty minutes the rice is ready. The addition of a little Parmesan cheese is an improvement.

The Italian method of cooking differs from the French manner in that, instead of the rice being cooked to a paste as in the latter case, it remains in the form of grains, having the form of little X's which shows that it is cooked just as it should be.

47. KOURABIEDIES (*Turkish*).

Break half-a-pound of fresh butter into a half-a-pound of finest rice flour ; add half-a-pound of finely-powdered sugar and a pinch of salt ; moisten into a rather firm paste with orange-flower water, knead lightly and divide into balls the size of a mandarin orange ; bake for half-an-hour between buttered sheets of paper, and serve with powdered sugar when done.

48. RICE FRITTERS (*Sweet*).

Boil four ounces of rice with a little salt in a pint of milk until it becomes rather thick, and pour it in a basin. When it has cooled, add half-a-pint of cream, two ounces of sugar, six ounces of currants, four eggs—*well* beaten, a little cinnamon, a few drops of essence of almonds, and as much flour as will make it a thick batter ; fry in fritters until brown on both sides, and serve with castor sugar sifted over them.

49. RICE FRITTERS (*Savoury*).

Boil six ounces of rice until quite soft, in as much water as it will absorb ; put it in a basin and allow it to cool. Add five eggs—well beaten ; season with pepper and salt ; make up into fritters, and fry until a light brown colour. Serve with brown sauce.

50. RISOTTO (*another recipe*).

Take half-a-pound of whole rice, three ounces of butter, one shallot or small onion, two teaspoonfuls of Fromm's.

Vegetable Extract, two grains of saffron, a little grated nutmeg, three ounces of Parmesan cheese, pepper and salt to taste. Wash the rice, melt the butter in a stewpan, and fry the shallot, chopped, until of a light gold colour. Put in the rice and fry it, stirring constantly for ten minutes, over a slow fire. Mix the Fromm's Extract with hot water to form a gravy and add this whilst boiling. Boil the whole for about a quarter-of-an-hour, and, having infused the saffron in hot water, strain it into the rice, then add three ounces of grated Parmesan, a small portion of fresh butter, and a pinch of grated nutmeg; stir altogether for a minute over a fire, and serve at once very hot. The risotto should be of a pale gold colour, the rice kept whole, and not too dry.

51. HINDUSTAN METHOD OF BOILING RICE OR CHÁN WAL.

Take one pound of good Patna rice, and after washing it thoroughly put it into a moderate sized saucepan without a cover; fill three-quarters full of cold water, stir it occasionally, and boil it gently on a moderate fire, until the grains separate and are sufficiently done. The best method of ascertaining this is by feeling the grains between finger and thumb to see if they have become quite soft; if this is the case the rice, or Bháth, is ready. Then put in one tablespoonful of salt, stir well, and take off immediately, throwing the whole into a drainer for about ten minutes, and allow the water to drain thoroughly away, and the rice to become free and dry. The time allowed for boiling is about twenty minutes.

52. RICE EGYPTIAN.

The Egyptian method is to blanch about the same quantity of rice for five minutes, and then allow it to simmer from forty to forty-five minutes, with butter and salt, and a *little* cayenne pepper.

53. RIZ Á LA TURC.

For the Turkish way, when the rice is partly cooked, add to it a small piece of saffron. Let it steam, and with the handle of a wooden spoon make holes in it and fill them with butter.

54. BHUNI (OR CRISP) KHICHRE' (*Hindustan*).

Take rice and dál in equal proportions. Take also half-a-dozen curry onions and cut them in slices. Warm up one quarter-pound of butter, and while it is bubbling throw in the sliced onions, removing them when browned. Having previously parboiled the rice and dál together, fry them with the butter alone, until it is absorbed. Then add some pepper-corns, green ginger, and salt to taste, some cardamons, bay leaves and cinnamon, and enough water to entirely cover the rice and dál, which place over a slow fire, and stir with a wooden spoon, to prevent the khichré burning. When the water is completely absorbed, the dish is ready to be served up, the fried onions being sprinkled on top to garnish the dish, and add relish to the khichré.

55. PULÁO (*Turkish*).

Take three or four large tomatoes, and boil them. When they are quite soft, mash them well, adding a little salt, and put them back in the same water in which they were boiled, adding half-a-pound of rice. When the rice has absorbed all the water, and is well done, take the saucepan off the fire and put it to stand near, so as not to cool; then put a good-sized piece of butter in a frying-pan, and when it is well browned mix it thoroughly with the rice, and serve hot.

56. RICE AND TOMATO SOUP.

In one quart of vegetable stock boil a handful or more of rice, and, as soon as this is cooked (not over-done), lift the saucepan to the side of the fire and add a small bottle of *conservé de tomates*. As soon as the soup is quite hot (it must not boil), add a small pat of fresh butter, and serve.

57. RICE SOUP.

Wash and pick six ounces of rice and put it in an earthen vessel with a quart of water; place it in an oven, and when the water is absorbed, turn the rice into a saucepan with some milk, put it over the fire, and stir in two ounces of clotted cream or butter. Season with salt and white

pepper, and boil for ten minutes. Plain toast should be served with this soup.

58. RIZ A L'AMERICANE.

Take a nice clean stew-pan, with a closely-fitting lid. Have ready a clean piece of white cloth, large enough to cover over the top of the stew-pan, and hang down inside, nearly to, but not in contact with, the bottom, and thus form a sort of sack, into which put the rice. Pour over it two cupfuls of water, and then put on the lid of the stew-pan, so as to hold up the cloth inside and fit tight all round. Put the stew-pan on the fire, and the steam generated by the water will cook the rice to perfection. Add enough water to make up for the gradual loss by steam.

59. CHANWAL: ANOTHER RECIPE.

Take one pound of rice, one tablespoonful of salt, and add two quarts of water. When the water is boiling throw in the salt, and add the rice after washing it well beforehand. Boil for twenty minutes. When done throw into a cullender and strain off the water. When well drained put the rice back into the saucepan; let it stand by the fire for some minutes to dry, and, when the grains appear dry and separate from each other, serve.

60. KHÍR, OR RICE-MILK (*Hindustan*).

Thoroughly boil half-a-pound of rice. Drain away the water and add about two cups of good milk, and place over a slow fire. When the rice begins to absorb the milk, mix a tablespoonful of the best white sugar and two or three small sticks of cinnamon. When the milk is thoroughly absorbed the khír is sufficiently cooked, and may be turned out upon a dish, or put in a buttered mould to be shaped and eaten cold.

61. KHICHRE (vulgarly called *Kedgerree*) (*Hindustan*).

This is a preparation of rice with dál.* Boil one pound

*Lentils may be used instead of dál, *i.e.*, the Egyptian, *not* the German variety!

of rice in the water in which celery or other vegetables have been boiled, and having steeped a teacupful of dāl or lentil in water, boil them together till they are soft. Then slice two or three onions and fry them in butter with a dozen or two grains of cardamon, a little pepper, six cloves, and salt. Take out the onions when browned, and the spice, add a cup of curd or milk to the butter, and stew it a little ; then distribute the onions, spice, and dāl equally through the rice and pour the butter over it.

62. SAVOURY RICE PUDDING.

Boil one teacupful of Patna rice, and when nearly cool add a lump of butter (mix well), some finely-chopped parsley, salt to taste, some finely minced raw onion, and an egg well beaten. Put the whole into a buttered pie-dish and bake in a quick oven. This makes a capital supper dish.

V.—HARICOT BEANS.

Haricot Beans are highly spoken of by medical writers on diet. According to Payen their composition is as follows :—

Nitrogenous matter	..	..	..	..	..	..	25·5
Starch, etc.	..	..	..	..	..	..	55·7
Cellulose	..	..	..	..	..	..	2·9
Fatty matter	..	..	..	..	..	..	2·8
Mineral matter	..	..	..	..	..	..	3·2
Water	..	..	..	..	..	..	9·9

100·0

Prof. Church states: "The dried seeds of this plant, known as haricot beans, when carefully and thoroughly cooked, are worthy of more extended use in England; they are universally appreciated in France."

Dr Thomas King Chambers, speaking of haricot beans, says: "They are not popular in England, apparently because they do not blend well as an adjunct to meat. But eaten alone with a piquant sauce, they are a most palatable variety of dish, and certainly nutritious."

Dr. Edward Smith, F.R.S., in his "Practical Dietary," declares: "The nutritive value of this class of foods, is very high—the highest of all vegetable foods, since they somewhat exceed that of wheaten flour in carbon, and have more than double the amount of nitrogen. . . . We have no higher testimony to the nutritive qualities of this class of food than that recorded of Daniel, who begged that he and his companions might be fed upon pulse (by which term was meant various kinds of vegetable food) and water, and after a season their aspect was more healthy than that of their fellows, who had been fed on the more usual food."

In his recent work, "Food in Health and Disease," Dr. Burnley Yeo declares that haricot beans "afford a very nutritious and palatable food," and again he says, "They

are especially useful when much exercise is taken ; and both men and animals can subsist upon them alone for long periods."

Sir Henry Thompson, in his "Food and Feeding," waxes eloquent in praise of the haricot as food. He writes: "Probably the best of the legumes is the haricot bean, red or white, the dried mature bean of the plant whose pods assured on good authority, could be supplied here at about twopence a pound, their quality as food being not inferior to other kinds."

Haricots deteriorate after a few months, especially if kept in a damp place, and this has no doubt prejudiced some persons against their use, the peculiar musty flavour they acquire being very objectionable.

The small white haricots are the cheapest, and are equally nourishing with the large or "giant" haricots, but these latter possess a more delicate flavour, and are preferable when served plain, or as a dish by themselves.

The smaller varieties are, however, excellent for soups, stews, or pies.

The digestibility and nutritive value of haricot beans depends principally upon the care and attention bestowed upon the methods of preparing them for the table. The ordinary plan is to soak the beans in soft water for about twelve hours previous to cooking them, putting them to soak the night before they are required. If placed in a basin and entirely covered with water they will be found the next morning to have absorbed the water, and increased in bulk. When prepared in this manner, the beans should be plunged into boiling water for two or three minutes before cooking, and then into cold water, in order to remove the skins, which are not easily digested by some persons ; or, if preferred the skins can be removed after the beans have been boiled.

An excellent method of preparing haricots as a plain dish, is to put them over-night in a stone jar, covering them well with soft water, and place the jar in the oven the last thing, leaving them there all night and until the middle of the following day. Should the water dry up, a little more must be added while they are in the oven. This method of preparation has the advantage that it

renders the skins soft and easily broken up, whilst the flavour is greatly improved owing to the natural salts, which would otherwise be removed with the skins, being retained. In fact, no one who has not tasted the two methods of preparing haricot beans, can form an idea of the difference in the flavour.

The water that haricots and other dry leguminous seeds are cooked with, should be free from chalk, as lime salts form insoluble compounds with the legumin they contain. Cold rain-water is excellent for soaking haricots in, and, if this cannot be easily procured, well-boiled water must be substituted.

63. HARICOT BEAN SOUP.

Soak a pint of Haricots de Soissons in cold soft water for twelve hours ; throw away the water, and put the beans into a saucepan with three pints of cold water, a head of celery, a small onion stuck with three cloves, a bay leaf, a sprig of parsley, some whole pepper, and salt to taste. Let them boil until the beans are quite tender, strain off the water, and pass them through a sieve. Put the purée in a saucepan, and work into it whilst on the fire, one ounce or more of butter, moistening if necessary with a little of the liquor in which the beans were boiled.

64. HARICOT SOUP (*Another Recipe*).

The water in which haricot beans have been boiled forms the basis of an excellent soup. A few cooked haricots should be added, and a handful of sorrel that has been cooked in butter ; whilst, instead of thickening, a piece of bread about as large as an orange should be cooked with it and passed through a sieve on serving. The yolk of an egg and a spoonful of butter will give mellowness and body to the soup.

65. HARICOT BEAN SALAD.

Sir Henry Thompson recommends haricots when cold in the form of a salad, improved by adding slices of tomato, &c., the oil supplying the one element in which the bean is deficient, and a perfectly nutritious food is produced for

those who can digest it—and they are numerous—in this form.

66. BAKED SAVOURY HARICOTS.

Soak and cook until soft one and a quarter pints of large white haricots, soak four ounces of tapioca in cold water for an hour and squeeze dry in a cloth. Mix the haricots and tapioca, and add two onions cut up and fried, together with two sliced tomatoes, half a pint of white sauce, sage, pepper and salt. Pour all into a dish, and cover with a mixture of bread-crumbs, grated cheese, and chopped parsley, pour a little oiled butter over, and bake slowly for about an hour.

67. SAVOURY HARICOTS ON TOAST.

Stew half a pint of previously soaked haricots for three hours in a pint of water, and rub them through a wire sieve with a wooden spoon; add a tablespoonful of cream, a teaspoonful of lemon juice, a pinch of salt, and a little nutmeg and pepper; have ready four poached or baked eggs, four small rounds of buttered toast and a little cooked and seasoned spinach. Place the haricot cream on the toast in a layer about a quarter of an inch thick, then a layer of spinach, and having stamped out the poached eggs with a pastry cutter, leaving a small border of white round each yolk, place one egg on each round of toast.

68. HARICOT SOUFFLÉ.

Mince half-a-pound of cooked haricots very fine. The beans should be cold and quite dry. Boil a large onion until tender, and chop fine and mix with the beans, adding one teaspoonful each of salt and mixed herbs. Grease a flat pie-dish thoroughly with half-an-ounce of butter, and dress it with a tomato scalded, peeled and sliced, together with slices of hard-boiled egg sprinkled with salt. Then beat up three other eggs, the whites to a stiff froth, and the yolks separately; thoroughly mix the beaten eggs with the minced beans and other ingredients, pour carefully into the pie-dish without disarranging the sliced egg and tomato, and bake in a moderate oven from half to three-

quarters of an hour. Turn out on a hot dish, and serve immediately.

69. HARICOT STEW.

Boil in a pint of water for two hours half-a-pint of soaked haricot beans, two carrots, two turnips, two onions, half-an-ounce of butter, half-a-teaspoonful of salt, one dozen peppercorns tied in muslin, and afterwards add one tablespoonful of soaked tapioca, and, having removed the peppercorns, stir the whole until it thickens.

70. HARICOTS WITH ONIONS.

Soak a pint of beans in soft water the previous night. Drain them, throw out any discoloured ones, and boil them in soft water until they are tender but unbroken. Drain them once more, and put them on a dish in the oven to keep warm. Take three ounces of onions which have been three parts boiled and chopped small, fry these in two ounces of butter, and, whilst frying, mix with them the boiled beans. Stir them about with a fork, and moisten with a pint of brown gravy, rather highly seasoned. The brown gravy is made by melting two ounces of butter in a frying-pan, and adding one ounce of flour, stirring the mixture until it is of a brown colour, adding as much boiling water as will render it of the consistency of cream, seasoning with pepper and salt, and adding a little burnt onion and ketchup.

71. HARICOTS A LA CRÈME.

Place a pint of haricots in a jar of soft water, and set it in the oven when the fire is going down at night. If the fire is lighted early the next morning the beans should be quite soft and the water absorbed by noon next day. Peel some onions, put them in hot water, and boil them for fifteen minutes; remove them into fresh hot water, and boil them gently until they are *quite* tender; remove the external layer, squeeze the onions well between two plates, then press them through a colander, or chop them very fine. Add them to half a pint of milk or cream, two ounces of butter, a teaspoonful of crumbled bread, and a little salt and nutmeg; boil the whole for a minute or two, and pour over the haricots immediately before serving.

72. HARICOTS A LA BRETAGNE.

Prepare the haricots as in the previous recipe. Pound two cloves of garlic* with a piece of fresh butter about the size of a nutmeg; rub the mixture through a sieve, and stir it into half a pint of parsley butter. Serve with the haricots as in previous recipe.

73. HARICOT BEAN OMELET.

The haricots must be soaked for at least eight hours in slightly salted water. Half-a-pint of beans should be boiled in fresh water until perfectly soft, and then mashed in half a teacupful of milk. When this is done, rub them through a sieve or fine colander; then add two tablespoonfuls of finely grated bread-crumbs, half-an-ounce of finely chopped parsley, and four eggs (yolks and whites) well beaten, a tablespoonful of melted butter or olive oil, and salt and pepper to taste. Mix the whole thoroughly, and pour into a buttered pan or enamelled dish. Bake three-quarters-of-an-hour in the oven, which should not be too hot, and serve with brown sauce.

74. HARICOTS À LA MAÎTRE D'HÔTEL.

Put two quarts of water into a stewpan, with half a teaspoonful of salt. When boiling, throw into it one pint of beans which have been soaked over-night, and let them simmer gently until soft. Drain them and put them into a saucepan with an ounce of fresh butter, a little pepper and salt, a dessert-spoonful of scalded and chopped parsley, and a tablespoonful of lemon-juice. Shake the saucepan over the fire until they are well-mixed, and serve very hot. They will take about two hours to boil.

*In her "Economical Cookery," Mrs. Addison observes:—"One word I must say in defence of my frequent use of garlic, an article so seldom mentioned in English cookery-books, and still less often found in English homes. In very moderate doses there is scarcely any savoury dish but to which it imparts that nameless something which makes foreign cookery so nice and tasty, and the want of which makes ordinary English dishes so insipid." There is much truth in this observation. Garlic is discredited because cooks *will* use it in excess, not recognising its power, and how little of it is sufficient to communicate the required savour.

VI.—LENTILS.

The two varieties usually sold in this country are known respectively as the Egyptian and the German lentil. The former is somewhat like a small split pea in appearance, but flatter, and of a bright reddish colour. The latter consists of the uncrushed seeds, and the colour is dark brown or chocolate.

The lentil was much cultivated by the Hebrews and other ancient races, and it is thought to have been the principal ingredient in the “mess of red pottage” for which Esau is said to have bartered his birthright.

In many parts of the Continent the lentil is a common article of food, and forms a frequent ingredient of soups, stews, and other culinary preparations. It is readily softened by, and mixed with, water, and in Catholic countries especially—where the formulary of the Church enjoins a number of *maigre* or fast days—this food is held in considerable esteem.

The high dietetic value of this class of foods is attested by nearly all authorities on dietetics.* As will be seen in the following table, lentils contain more nitrogen and less cellulose than either peas or beans, and a larger proportion of fat than wheat or peas.

ANALYSIS OF WHEAT, BEANS, PEAS, AND LENTILS. (*Bauer.*)

	Water.	Nitrogenous Substances.	Fat.	Starch, etc.	Cellulose.	Ash.
Wheat ..	13·56	.. 12·42	.. 1·70	.. 67·89	.. 2·66	.. 1·79
Beans ..	13·60	.. 23·12	.. 2·28	.. 53·63	.. 3·84	.. 3·53
Peas ..	14·31	.. 22·63	.. 1·72	.. 53·24	.. 5·45	.. 2·65
Lentils ..	12·51	.. 24·81	.. 1·85	.. 54·78	.. 3·58	.. 2·47

Dr. J. Burney Yeo writes of the lentil: “This is the most nutritious of all the pulses, and contains the largest

* In vegetarian cookery the lentil takes the place of beef and mutton, the haricot bean supplying a substitute for veal, chicken, etc.

The liquor in which lentils have been boiled forms a rich foundation for dark sauces, and a delicious and nourishing beverage, in flavour resembling beef-tea, can be obtained from them.

proportion of nitrogenous substances. It has the further advantage of being remarkably rich in iron—its ash containing as much as 2 per cent. of the oxide—and also in phosphate of lime; and it has a further advantage, especially over peas, in the absence of sulphur, and there is therefore not the same objectionable tendency to the liberation of hydrogen sulphide in the alimentary canal. It makes an excellent soup, and it will, no doubt, take the place, more and more, of pea-meal for this purpose.”

In Landois’ “Physiology” (3rd edition, p. 351) the analysis of lentils shows 29·31 proteids and 40 starch, and he adds, “on account of the large amount of proteids they contain, they are admirably adapted as food for the poorer classes.”

In his “Manual of Diet in Health and Disease,” Dr. Thomas King Chambers wrote: “Lentils are too much neglected; they make a capital soup, resembling pea-soup.”

Speaking of this class of foods, Dr. W. Pavy remarks: “By virtue of their composition, the leguminous seeds possess a high nutritive value, and furnish a food which is more satisfying than vegetable food generally to the stomach, and more closely allied in a dietetic point of view to the alimentary products supplied by the animal kingdom. . . . Their large amount of nitrogenous matter adapts them for consumption in association with articles in which starch or fat is a predominating principle. With rice, therefore, they form an appropriate combination, and this admixture is found to constitute the staple food of large populations in India.”

Lentils, like peas and beans, require careful and thorough cooking, and neglect of this has no doubt brought them into disrepute in many instances. It is advisable to soak them for some time in cold rain water, and when boiling to use water perfectly free from chalk, as lime salts form insoluble compounds with *legumin*, the nitrogenous principle which they contain.

75. LENTIL SOUP.

Slice up a carrot, an onion, a turnip, a potato, and fry in one and a half ounces of butter for five minutes. Then place them in a saucepan with a pint of lentils and two

quarts of water, and boil for one-and-a-half hours, adding salt and pepper to taste. Strain and replace in the saucepan with a tablespoonful of finely-chopped parsley or mint; boil for three minutes and serve. The materials which are strained off may be used for puddings, pies, or stews.

76. LENTIL SOUP.

INGREDIENTS.—1 quart of prepared Egyptian red lentils, 2 lbs. turnips, 1 lb. carrots, 1 Spanish onion, 1 root celery, 1 oz. parsley, 2 ozs. butter.

Wash and pick the lentils; set them on the fire in four quarts of spring water; add the vegetables and some salt; boil until quite soft; rub through a coarse sieve or cullender, adding boiling water as required; return it to the pan, season with pepper and salt, stir in the butter, and boil a few minutes.

77. COUNT RUMFORD STEW.

Soak a breakfastcupful of German lentils over-night in plenty of soft water; next day drain and throw them into a quart of boiling water, and boil for half an hour, or until they are tender without being broken, after which, drain them. Melt an ounce of butter or albene in a clean stewpan, and fry in it a small onion very finely chopped. Stir in a teaspoonful of flour and mix to a smooth paste. Add boiling vegetable stock flavoured with lemon juice to make a thick sauce, put in the boiled lentils and simmer for ten or fifteen minutes. Serve in a tureen.

78. BAVARIAN STEW (*a simple recipe*).

Boil the lentils as in the previous recipe; drain them and return to the saucepan with a slice of butter, pepper, salt, and a squeeze of lemon. Shake over the fire until hot through, and serve immediately.

79. STEWED LENTILS.

Pick out all stones, &c. Soak for twenty-four hours in soft water. Put into a saucepan and add cold water to just cover the lentils. Boil for ten minutes. Have ready

some onions fried in butter; put aside the onions; turn the lentils into the saucepan with the butter the onions were fried in, mix until it is all soaked up. Add some boiled rice and the fried onions.

80. STEWED LENTILS (*German fashion*).

Add half-a-pound of lentils to one quart of soft water; boil very quickly. They should crack out of their husks when done. Do not try to drain off the water; the last time it is added the lentils should be allowed to soak it all up. Take some celery, cut it up into dice, do the same with two potatoes and two onions; boil them separately, and pass through a cullender. Then mix them well into the lentils, and add salt and pepper to taste.

81. ARABIAN STEW.

Wash one quart of lentils and soak for an hour or two in cold soft water. Then take a teaspoonful of chopped shallots, a sliced onion, a small spray of parsley chopped fine, and two ounces-and-a-half of good butter, and a teaspoonful of salt. Now simmer rather fast on the fire for about two hours, and then drain carefully through a cullender. A china or earthenware cullender is best for the purpose. Mix up the butter and a little flour, put the lentils back into the saucepan with the butter, and stir them well for a quarter-of-an-hour, and serve piled high on a vegetable dish with mashed potatoes round them.

82. EGYPTIAN PORRIDGE.

Take three tablespoonsful of lentil flour, a small quantity of salt, and one pint of water. Mix the flour and salt into a paste with the water, and boil for ten minutes, stirring all the time.

83. SPHINX PUDDING.

Take three ounces of lentil flour, one pint of milk, one ounce of butter, and three eggs. Mix the flour to a smooth paste with some cold water; set the milk on the fire, but be careful not to let it burn. When the milk

boils, pour it over the flour stirring it all the time. Add sugar, butter, and pinch of salt, a little powdered cinnamon and a very little nutmeg. When cool, break and mix the eggs, butter a dish, bake the pudding in a moderate oven, and serve with sugar sifted over it.

84. LENTIL AND RICE PUDDING.

Take of rice and lentils (split) two tablespoonsful each ; milk, three-quarters of a pint ; sugar, one ounce ; almond flavouring, three drops. Soften the rice and lentils by boiling in milk or water from fifteen to twenty minutes ; add the other ingredients and bake for twenty minutes. The proportions may be varied to one-third lentils and two-thirds rice.

85. CURRIED LENTILS.

INGREDIENTS.— $\frac{1}{2}$ lb. lentils, 1 onion, 1 oz. butter, 1 table-spoonful curry-powder, $\frac{1}{4}$ pint milk, salt, pepper, cayenne.

The curry requires rather high seasoning. Soak the lentils for six hours, and boil them gently for twenty minutes, or till tender, but not broken. The time required varies with the age of the lentils. Slice the onion, fry it a nice brown in the butter, add the curry-powder, salt, pepper, cayenne and the milk. A little of the liquor from the lentils may be added if it is too thick. Let the gravy simmer half-an-hour. Do this overnight. In the morning stir the lentils into the gravy, and let both get hot through. The curry should be nearly dry when finished. Serve with rice.

86. POTTED LENTILS.

Rice flour, two ounces ; lentil flour, two ounces ; butter, three ounces ; yolks of three eggs. Bread crumbs, three ounces. Potatoes, boiled, dried and crushed, three ounces. Mix the various ingredients well together, add a little salt, pepper, chopped onion and mace. Boil for ten minutes until it becomes a thick paste. Press well into an earthenware pot and pour clarified butter over it.

87. LENTIL CAKES.

Mix well together a quarter-of-a-pound of flour with two ounces of butter, a pinch of salt, and a half-a-teaspoonful of baking-powder. Then work in a quarter-of-a-pound of boiled lentils and mixed vegetables, which should be previously minced. Having mixed these ingredients thoroughly, roll up the paste until about half-an-inch thick, stamp in rounds with pastry cutter or any fancy shape, and fry in boiling oil until quite brown. This is a useful means of utilizing lentils and vegetables which have been used for making stock, and the cakes are very convenient for travellers.

88. STEWED LENTILS.

INGREDIENTS.—1 quart lentils, 3 ozs. butter, 1 onion, 1 tablespoonful of chopped shallots, 1 small bunch parsley.

Wash the lentils in cold soft water, set them on the fire in two quarts of cold soft water, with 1 oz. butter, shallots, the onion sliced, the parsley chopped, and a little salt. Simmer on the fire about two hours. Drain in a sieve. Put the lentils in a stewpan with 2 ozs. of butter mixed with a little flour. Stir it well on the fire. Boil gently ten minutes, and serve on a flat dish, with a border of mashed potatoes, or in a deep dish.

89. LENTIL CUTLETS.

INGREDIENTS.—1 pint shelled lentils, 2 tablespoonsful of rice, 1 onion, 1 carrot, 1 quart water.

Boil all the ingredients together into a stiff paste, season with pepper, salt, chopped parsley, and powdered marjoram. Turn out on to a board, divide out into cutlet shape with a large knife; cover the bottom of a frying-pan with oil, and after rolling the cutlets in bread crumbs, make the oil hot and fry them on both sides until brown. Serve with any kind of green vegetables, and tomato, or other sauce. Five or six of these laid up against a round spinach mould make a handsome dish.

90. MASÚR DÁL (LENTIL) CHAR-CHARÍ (*Indian Recipe*).

Take 12 onions and slice them down. Warm two ounces of clarified butter, and fry the onions. Having picked and washed a quarter-of-a-pound of lentils, fry

them in the butter remaining after the onions have been put aside. When the lentils are well browned, add sufficient water to cover them and add curry powder to taste. Then allow the whole to simmer for about a quarter-of-an-hour until the lentils break up. Serve up very hot on boiled rice, strewing the fried onions over it.

91. DÁL KÁRHÍ (*Indian Recipe.*)

Take one teaspoonful of ground chillies, half-a-teaspoonful of turmeric, half-a-teaspoonful of garlic, teaspoonful of salt. Mix a cupful of clean-picked lentils with above ingredients and roast for about ten minutes, pour water on the whole sufficient to cover it, and boil well. When thoroughly boiled stir for about three minutes. Then warm two ounces of clarified butter and fry four teaspoonsful of sliced onions, and turn them into the lentils with the butter, stir until thoroughly mixed and simmer over a slow fire for a quarter-of-an-hour.



VII.—PEAS.

It would appear from historical evidence that both the pea and the bean must have been well known and extensively cultivated in some portions of Scotland, as well as in England, at a comparatively early period. There is a record to the effect that when the English forces were engaged in besieging a castle in Lothian, in the year 1299, their supply of provisions became exhausted, and they were under the necessity of utilizing the peas and beans which were growing in the surrounding fields. From this circumstance it may fairly be concluded that the pea was then an important article of human food. It was at a much later period, however, that the more delicate kinds of this plant were cultivated in England, for Fuller makes record of peas being brought from Holland in the time of Elizabeth, and speaks of them as "fit dainties for ladies, they came so far and cost so dear."

According to Payen, the following is the analysis of dried peas :—

Nitrogenous matter	..	..	..	23·8
Starch, &c. ..	..	..	..	58·7
Cellulose ..	..	..	..	3·5
Fatty matter	..	..	..	2·1
Mineral matter	..	..	..	2·1
Water ..	..	..	..	8·3

It will be seen that, although there is a deficiency of fat, peas form a very nourishing food. They should, however, be eaten with some form of fat or oil, in which case they are an excellent form of diet, especially where hard work has to be done. Their value in this respect was recognized in a very practical manner during the Franco-Prussian war, when the German army was supplied with *Erbswurst*, a kind of sausage, the principal ingredients of which were peafLOUR and fat.

92. PEA SOUP.

Ingredients:—1 pint soaked split peas, $2\frac{1}{2}$ pints of water, 1 ounce of butter, 1 teaspoonful of salt, 1 stick of celery, 1 large onion, 1 large turnip, 1 large carrot, half-a-teaspoonful of mixed herbs and a few peppercorns.

Dissolve the butter in a saucepan, place in it the peas and one pint of water, and boil gently for half-an-hour. Prepare and slice the vegetables and add them to the peas, together with the seasonings; boil for one and a half hours, and pass through a sieve, rubbing the vegetables through with a wooden spoon.

93. DRIED GREEN PEA SOUP.

Ingredients:— $1\frac{1}{2}$ pints soaked green peas, 1 large onion, 1 large carrot, 1 large turnip, 2 quarts of water, 1 ounce of butter, 1 teaspoonful of salt, 1 dozen peppercorns.

Dissolve the butter in a large saucepan, place in the peas (which should previously be carefully picked over), the sliced vegetables, and the peppercorns. Boil gently three hours, add salt, and rub through a wire sieve with a wooden spoon. Serve with sippets of toast.

94. FRESH GREEN PEA SOUP.

Ingredients:—2 pints of shelled green peas, 1 ounce butter, a handful of mint, 1 cabbage lettuce, 3 pints of water, $1\frac{1}{2}$ teaspoonsful of salt, 1 onion, 1 lump of sugar.

Dissolve the butter in a large saucepan and place in the peas, the onion sliced, the lettuce and mint thoroughly washed, the water, salt, and sugar. Boil for one-and-a-half hours, strain through a wire sieve, rubbing the peas through with a wooden spoon.

95. PEAS AND CARROT STEW.

Scrape and slice very thin about a dozen young carrots and stew them in an ounce of butter until quite tender; stir in one ounce of flour, then add half-a-pint of previously-cooked fresh green peas, pour in about a gill of white stock, and stir over the fire for ten or fifteen minutes. Butter six rounds of toast, spread the mixture on very thickly, and

serve hot. Salt and pepper may be added to taste, and a piece of mint improves the flavour.

96. SPLIT PEAS AND BARLEY SOUP.

Wash a pint-and-a-half of peas and half-a-pint of pearl barley, and steep them in fresh water for twelve hours. Place them on the fire with four quarts of water in a saucepan, the interior of which has been previously rubbed with a clove of garlic. Add two large carrots, one large onion, two turnips, one stick of celery, and half-a-pound of bread, with salt to taste. When all the ingredients are quite soft, rub through a fine colander, add gradually a quart of boiling water, return the soup into the pan, and boil for ten or fifteen minutes.

97. GREEN PEAS À LA BRETAGNE.

Melt one ounce of fresh butter in a saucepan. When it is dissolved without being at all browned throw in a quart of peas. Shake them over the fire for a minute or two, then pour over them as much boiling water as will barely cover them, add half a teaspoonful of salt, half a teaspoonful of pepper, the heart of a lettuce finely shred, three young onions and a small sprig of parsley. Simmer gently until the peas are tender. Take the saucepan from the fire for a minute and stir in the well-beaten yolks of three eggs. Replace the saucepan, but be careful not to let the ingredients boil. Serve the peas on a hot dish with the sauce poured over them.

98. GREEN PEAS À LA PAYSANNE.

Take two quarts of green peas and put them in a panful of cold water, with three ounces of butter. Work the peas in the water, so that their surfaces may be coated equally with the butter and they may stick together. Take a handful of parsley, a few green onions and a few cabbages and cos-lettuces, wash them and break up instead of cutting them. Drain them from the water and put them with the peas over a very slow fire. No other moisture than that of the butter should be required. The contents of the

stewpan must be constantly stirred to prevent burning. When done enough, add pepper and salt, and serve very hot. A few shreds of garlic heighten the flavour.

99. PEAS PORRIDGE.

Soak a pint of split peas for a night in cold water, and take away those that float. Slice two moderate-sized Spanish onions and fry them in Albene, with two or three sticks of celery cut into two-inch lengths. Drain them and put them into a large saucepan, with a bunch of savoury herbs and a tablespoonful of Vejos and two quarts of cold water. Boil until the liquid tastes strongly of the herbs. Skim and strain it, returning it to the saucepan with the soaked peas and a pound of raw potatoes coarsely grated. Simmer again until the peas are quite soft. Press them through a hair sieve, and whilst pressing keep pouring a little liquid upon them to soften them. Return the porridge to the saucepan, and, if it is not thick enough, add to it a lump of butter, mixed smoothly with a little flour. Season with pepper and salt. Cut up half-a-dozen leeks into two-inch lengths; boil them in the soup, and when they are tender it is ready for serving.

100. PEAS PUDDING (*Dr. Kitchener's Recipe*).

“ Put a quart of split peas into a clean cloth ; do not tie them up too close, but leave a little room for them to swell ; put them on to boil in cold water slowly till they are tender. If they are good peas they will be boiled enough in about two hours-and-a-half. Rub them through a sieve into a deep dish, adding to them an egg or two, an ounce of butter, and some pepper and salt ; bake them well together for about ten minutes, when these ingredients are well incorporated together ; then flour the cloth well, put the pudding in, tie it up as tightly as possible, and boil for an hour longer.”

101. PEAS PUDDING (*Superior*).

Soak and boil a pint of peas according to the directions given in the previous recipe press them through a sieve,

season with pepper and salt, and beat thoroughly for eight or ten minutes, first adding three well-beaten eggs, two ounces of clarified butter, and a tablespoonful of thick cream. Pour the mixture into a buttered mould, which it should quite fill, cover with a floured cloth, plunge the mould into boiling water, and let the pudding boil until done enough. Turn it out before serving, and send melted butter to table with it.

102. PURÉE OF GREEN PEAS.

Throw the peas into as much boiling water as will cover them. Season with salt and sugar, and when they are quite soft drain in a colander, and press them through a fine hair sieve. Put the pulp into a stew pan, with one-eighth of its bulk of white sauce, or four ounces of butter, and a little pepper and salt. Stir the mixture over the fire until it is very hot, and serve immediately.

PART II.

MISCELLANEOUS RECIPES.

103. RAISED MUSHROOM PIE.

1-lb. flour, pinch of salt, 5-ozs. nucoline, one small teacup full of water or a little cream.—Place fat in saucepan with water and cream and leave until water boils; then pour all into centre of flour, mix well, and turn out on board, and knead as quickly as possible until quite smooth. Press the paste with the fingers to the shape of the raised tin, leaving sufficient paste to cover. For *filling*, make the night before a sufficient number of small savoury fritters, and next morning when quite cold, cut up into tiny dice. Peel and stalk $\frac{1}{2}$ -lb. or $\frac{3}{4}$ of fresh mushrooms and partly cook in a little butter and cut up small. Make a good gravy of the peelings and stalks washed and stewed, add seasoning and a few drops of browning or a little Fromm's or Vejos if liked, and pour on to $\frac{1}{2}$ -oz. of Groult's tapioca which has previously been soaked in a little water. Get some finely chopped parsley, a little onion fried a nice brown. Fill up the mould with these ingredients pretty firmly, adding a little pepper and salt. Cover the pie and bake in moderate oven from 1 hour to $1\frac{1}{2}$ hours, and brush with egg or a good glaze made of $\frac{1}{2}$ -oz. of nucoline, $\frac{1}{2}$ -tablespoonful milk, and $\frac{1}{2}$ -tablespoonful water.

104. MUSHROOM SANDWICHES.

INGREDIENTS.—12 small mushrooms, 2 tomatoes, $\frac{1}{4}$ oz. grated bread crumbs, $\frac{1}{4}$ pint milk, $\frac{1}{2}$ an onion, 1 teaspoonful lemon juice, cayenne, salt.

Put all these ingredients into a stew-pan; simmer gently till quite tender. The onion and mushrooms should be cut small, as they will stew quicker. When quite tender pass the mixture through a sieve, and leave on a plate to cool.

Cut thin slices of bread and butter, spread one slice with the mixture, lay another slice on the top, cut into neat squares, and serve.

This mixture should be highly seasoned; two pinches of cayenne will not be too much.

105. SAVOURY MUSHROOM PIE.

Take four tablespoonsful of flour and one egg, mix the flour with water to the consistency of cream, add the egg well beaten, and sufficient milk to make a thin batter. Season and fry in butter into thin pancakes. Cut into small squares and put into pie dish. Add some cold potato and chopped mushrooms, which have been peeled and fried *very slowly* indeed. Add some brown gravy, made with a dessert spoonful of flour and a little butter. Cover with an ordinary short crust.

106. LENTIL SANDWICHES.

INGREDIENTS.—3 ozs. split red lentils, 1 small onion, cut up, $\frac{1}{2}$ oz. butter, 1 hard-boiled egg, 1 small teaspoonful of mixed herbs, pepper and salt.

Wash the lentils well and put them into a jar or gallipot, with all the ingredients except the egg, adding a tablespoonful of water. Stand the jar in a saucepan of boiling water and keep it boiling. Cover the jar and stir occasionally until thoroughly done. The object being to turn out the lentils as dry as possible, add no more water to them than is necessary to cook them quite soft and smooth. Then turn them out on a plate, mix the egg finely chopped, and press into a pot or mould.

107. SANDWICHES À L'INDIENNE.

INGREDIENTS.—6 eggs, 1 wineglassful of milk, $\frac{1}{2}$ teacupful potted cheese, 1 oz. butter, 2 large teaspoonsful of curry powder.

Boil the eggs hard, shell them, take out the yolks, and pound them smooth. Chop the whites small. Put into a small enamelled pan 1 oz. of butter and curry powder, stir over a gentle heat till they are mixed, add one wineglassful

of milk, stir till it is just boiling, take it off the fire. Add the pounded yolks of eggs and the cheese, salt, and a little cayenne, mixing very thoroughly. When the mixture is cold, spread with it thin slices of bread and butter, sprinkle over it the minced white of egg, cover with another slice of bread and butter, cut into squares and serve.

108. RAVIGOTTE SANDWICHES.

INGREDIENTS.—2 ozs. butter, 1 tablespoonful chopped tarragon, 1 tablespoonful chopped chervil, juice of $\frac{1}{2}$ a lemon, pepper, salt, cayenne.

Put the butter on a plate, squeeze over it the juice of half a lemon. Chop the tarragon and chervil very fine, mix with $\frac{1}{2}$ teaspoonful of salt and $\frac{1}{4}$ teaspoonful of pepper, and a very small pinch of cayenne. Mix the herbs with the butter, using a knife to mix them very thoroughly. Spread on very thin slices of bread, and cover with another slice spread with fresh butter.

109. SAVOURY JELLY.

Take 1 oz. Agar-Agar (Veg. Gelatine), 1-lb. tomatoes, an onion, a pint of boiling water, a teaspoonful of peppercorns, a little celery salt, the whites and shells of two eggs, and a lemon. Place in a saucepan the tomatoes, agar-agar (this is better to soak over-night), the onion sliced, peppercorns, and the lemon sliced. Pour over the boiling water and stir over *moderate* fire till the gelatine has melted, then add the whites and shells of the eggs and whisk till boiling. The moment the mixture boils, draw it one side and simmer slowly ten minutes. Strain through a jelly bag and pour in mould to set. Garnish with slices of tomato and cucumber or serve with salad.

110. CHESTNUT SOUP.

Ingredients:—One pound of chestnuts (weighed when peeled), three pints vegetable stock, one gill cream (or milk), seasoning. Put into stock two onions stuck with cloves, a carrot and turnip sliced, a little celery, and a

small garlic clove. Let these simmer for two hours, and then strain off. Peel the chestnuts and boil them in the clear stock. Rub all through sieve; add nutmeg, salt and pepper to taste, and stir in the cream before serving. Fried bread dice should accompany this.

III. RUSSIAN SOUP.

Take a large onion, an apple, a teaspoonful of peppercorns, a large potato, a quart of good stock (made from water in which brown or white haricots, lentils, etc., have been boiled), a carrot, a turnip, 1-oz. butter, 1 oz. flour, a little salt and half-a-gill of cream. Prepare all the vegetables, slice them, place in a pan with seasoning and boil rapidly for one hour. Rub all through a wire sieve and bring up to the boil again, add butter and flour mixed. Whip the cream in tureen and pour over the soup.

II2. SAUCE PIQUANTE.

Mix two tablespoonsful each of Tuscany Sauce (Cosenza and Co.) and Tomate à la Vatel (Dandicolle and Gaudin). Add to these a teacupful of vegetable stock and put into a saucepan in which an onion has been fried brown in butter. Mix a large teaspoonful of flour thoroughly in a little water, add it to the sauce, boil and stir until it thickens. Strain and serve.

II3. SAVOURY RISsoles.

Equal quantities of mashed wholemeal bread and boiled rice, add a little boiled onion minced fine, some pepper, salt and butter. Mix, roll into shape, or pass through a sausage machine, dredge with flour, dip in batter, and fry crisp in boiling oil or nucoline. A great variety can be made by introducing lentils, macaroni or haricots, with herbs, fried onions, bread crumbs, etc., and an egg.

II4. TOMATO AND EGG SCRAMBLE.

Peel four large tomatoes (by dipping in scalding water), slice, and stew them in a little butter for fifteen minutes.

Beat two eggs, add them to the tomatoes and scramble them until the egg is cooked. Serve on buttered toast

115. CHOUXFLEUR AU GRATIN.

INGREDIENTS.—1 large cauliflower, 4 ozs. cheese, 2 ozs. butter, $\frac{1}{2}$ pint milk, 1 dessertspoonful of flour, bread crumbs.

Boil the cauliflower for ten minutes, and separate the branches. Make a white sauce of milk, flour, one ounce of butter, and two ounces of cheese. Fill a dish with alternate layers of cauliflower, grated cheese and sauce. Season with salt and pepper. Cover with bread crumbs and the remainder of the butter, and bake for one hour.

116. PARSNIP CROQUETTES.

Take 1 lb. of parsnips, $\frac{1}{4}$ lb. of bread crumbs, 1 oz. of butter, a teaspoonful of grated cheese, $\frac{1}{2}$ a teacupful of milk, 2 eggs, and a few drops of lemon-juice. Boil, and press the parsnips through a sieve, or mash them with a fork until smooth. Pour the milk boiling on to the crumbs, then add the parsnip *purée*, butter, cheese, seasoning, and yolks of the eggs. When thoroughly mixed form into balls, slightly beat the whites of the eggs, and roll each ball therein; then roll in bread crumbs, and plunge them into boiling oil, and fry to a pale golden colour. Drain on kitchen paper, and serve on a folded napkin. The above may be varied by adding to the other ingredients part of a raw onion grated, or chopped mushrooms or herbs.

117. SEAKALE BOILED.

Have what kale you wish; trim away all outside of soft portions, wash each shoot thoroughly, tie up in small bundles, and plunge into cold water for some little time previous to cooking. Place into plenty of boiling water, and boil until tender (young seakale is usually cooked in 20 minutes, old kale requires about 10 minutes longer), which may be known by pricking the kale with the point of a skewer. Lift the kale on to a sieve to drain for a second or so. Undo the string, and lay each head of kale

on to a round of toasted bread, previously dipped into the water the kale has been boiled in, and laid on to a hot vegetable dish. Pour over some white sauce, or serve separately, as wished.

118. DEVILLED BISCUITS.

Make a paste of cayenne, curry powder, and the pounded yolks of hard-boiled eggs. Grill some buttered hard whole-meal biscuits, spread with the paste. Serve hot, one biscuit piled on the other, so that all the paste is kept on them.

119. PLUM PUDDING.

Use four ounces of tapioca soaked in one pint of cold water twelve hours, one pound wholemeal, eight ounces pine kernels, eight ounces lemon peel, eight ounces sugar, four pounds raisins (stoneless are best), one pound of carrots boiled and mashed very fine, four eggs, half pint milk, half pound biscuits crushed very fine.

120. SAVOURY OMELET.

Break 2 eggs into a basin; whip them, adding pepper. Mince finely a small onion and a teaspoonful of chopped parsley. Melt $\frac{1}{2}$ oz butter in an omelet pan, and when quite hot pour in the eggs, and proceed as for other omelets.

121. TOMATO SOUP.

Wash and soak over night $\frac{1}{4}$ lb. each haricots and peas; boil these 1 hour, with 1 carrot, finely chopped, garlic, parsley, and cayenne to taste; make up to 1 quart with stock; 5 minutes before serving put in $\frac{1}{2}$ lb. of tomatoes, tinned or fresh, and a very small piece of butter if desired.

122. ONION SOUP.

Peel and slice 6 large onions and put them into a stew-pan with 2 oz. of butter, and keep stirring them over the fire until slightly brown; then add a quart of stock; and a tablespoonful of large sago. Stew all slowly until tender, and serve.

123. MELTON MOWBRAY PIE.

Take cold cooked fritters, omelets, savouries, and vegetables, cut fine, and mix well together. Put in a raised crust, with layers of soaked tapioca, and bake the pie till done—an excellent way of using up odds and ends of food.

124. ONION PIE.

Select good sound onions, boil for an hour, then take up and chop roughly, taking out all hard pieces, mix with bread crumbs, a few leaves of sage, and some small pieces of butter. Make a paste crust as for apple pudding, line the basin with the crust, fill in with the savoury mixture, and boil for 2 hours. If served with apple sauce this makes a superb dish. A little boiled rice added to the onions, etc., is a great improvement.

